

DISCIPLINE SPECIFIC ELECTIVE COURSE

DSE HH 7B1: DIETETICS AND PUBLIC HEALTH NUTRITION II

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the Course (if any)
		Lecture	Tutorial	Practical/ Practice		
Dietetics and Public Health Nutrition II DSE HH 7B1	4	2	0	2	Studied Semester VI	Studied Dietetics and Public Health Nutrition I DSC HH 514

Learning Objectives

- To familiarize with the concept of food and nutrition security among the population in India.
- To apprise the concept of nutrition and health education and behaviour change.
- To develop an understanding about the principles of dietary counselling and use of computers in the management of patients in hospital settings.
- To understand the pathophysiology, metabolic changes, clinical symptoms, treatment and management of some disease conditions.

Learning Outcomes

- Gain knowledge about the concept of food and nutrition security.
- Apprise the concept of nutrition communication for health promotion at community level.
- In depth understanding of the principles of dietary counselling and use of computers in management of patients in hospital settings.
- Become able to modify the diet as per the pathophysiology, metabolic changes and clinical symptoms of some disease conditions.

SYLLABUS OF DSE HH 7B1

THEORY

(Credits 2; Hours 30)

Unit I: Food and Nutrition Security

8 Hours

This unit deals with concept of food and nutrition security, and sustainable food systems. It also includes the important initiatives undertaken for ensuring food and nutrition security among the population in India.

- Concepts and definitions of food and nutrition security and sustainable food systems
- Initiatives for ensuring food and nutrition security - National Food Security Mission, Public Distribution System/Targeted Public Distribution System, Antyodaya Anna Yojana

UNIT II: Nutrition communication for health promotion

4 Hours

In this unit, the students will understand the principles and scope of nutrition and health education and also concept of behaviour change communication and its process.

- Objectives, principles and scope of nutrition and health education.
- Behaviour Change Communication: concept and process.

UNIT III: Diet counselling and nutritional support

4 hours

In this unit, the students will understand the concept of diet counselling and its importance in nutrition care process. They will be introduced to different methods of feeding during disease conditions.

- Importance of dietary counselling and use of computers in nutrition care process
- Introduction to methods of feeding to give nutritional support

UNIT IV: Etiology, pathophysiology, metabolic changes, dietary management of conditions

14 Hours

In this unit, the students will understand the pathophysiology, metabolic & clinical aberrations, diagnosis, complications, treatment, medical nutrition therapy (MNT), and recent advances in different diseases/disorders.

- Dyslipidemia, Atherosclerosis, Hypertension
- Gastrointestinal disorders- GERD, Peptic ulcer, IBS
- Liver disease-Infective hepatitis
- PCOD
- Overview of Thyroid disorders

PRACTICAL

(Credits 2; Hours 60)

I. Assessment of Diet Quality using an appropriate indicator/methods:

- The Healthy Eating Index (HEI)
- The Minimum Acceptable Diet (MAD)
- The Minimum Dietary Diversity for Women (MDD-W)etc.

II. Formulation of messages for creating nutritional awareness among vulnerable sections of the society

III. Orientation to diet counselling apps

- Critique of various diet counselling apps
- Hospital visit for observing a diet counselling session
- Planning a diet counselling session for CVD/GI Tract disorder

IV. Planning and preparation of diets/dishes for individuals suffering from

- Dyslipidemia/ Atherosclerosis/ Hypertension
- GI Tract disorders- GERD, peptic ulcer
- Liver-Infective hepatitis
- PCOD

Essential Readings:

- Boyl, M.A. (2016). Community Nutrition in Action: An entrepreneurial Approach. 7th Edition. Brooks Cole.
- Raymond, J.L. and Morrow, K. (2020) Krause and Mahan's Food & the Nutrition Care Process. 15th ed. Saunders-Elsevier
- Seth, V. and Singh, K. (eds.) (2021) Principles of Medical Nutrition Therapy for Positive Clinical Outcomes, 1st Edition. Elite Publishing House Pvt. Ltd.
- Snetselaar, L. (2009). Nutrition Counselling Skills for the Nutrition Care Process. Fourth Ed. Sudbury, Massachusetts: Jones Bartlett Publishers.
- Vir, S.C. (Ed.). (2011). Public Health Nutrition in Developing Countries. Part 1 and 2. Woodhead Publishing India.
- Vir, S. (2021). Public Health Nutrition in Developing Countries (Vol 1 & 2). New Delhi, India: Woodhead Publishing India.
- Wadhwa, A and Sharma, S (2003). Nutrition in the Community- A Textbook. Elite Publishing House Pvt. Ltd. New Delhi.

Suggested Readings:

- Gibney, M.J., Elia, M., Ljungqvist & Dowsett J. (2005) Clinical Nutrition. The Nutrition Society Textbook Series. Blackwell Publishing Company
- Guyton, A.C. and Hall, J.E. (2000) Textbook of Medical Physiology. 10th ed. India: Harcourt Asia.
- Joshi, Y. K. (2008) Basics of Clinical Nutrition 2nd ed. Jaypee Brothers Medical Publishers
- National Family Health Survey - 5 [NFHS-5], (2021). Ministry of Health and Family Welfare, Government of India.
- Park, K. (2021). Park's Textbook of Preventive and Social Medicine (26th ed.). Jabalpur, India: Banarasisdas Bhanot Publishers.
- Shils, M.E., Shike, M, Ross, A.C., Caballero B and Cousins RJ (2005) Modern Nutrition in Health and Disease. 10th ed. Lipincott, William and Wilkins.
- Vir, S. (2023). Child, adolescent and women nutrition in India: Public Policies, programme and progress. KW Publishers, Daryaganj, New Delhi,

India.

- Williams, S.R. (2001) Basic Nutrition and Diet Therapy. 11th ed. Times Mirror Mosby College Publishing

Note: Examination scheme and mode shall be as prescribed by the Examination branch, University of Delhi, from time to time.